

5 Things I Can Do to Stand Up for Myself

1 **Speak Assertively**
“I don’t like it when you do that.”

2 **Stand Tall**
Keep your head up and shoulders back.

3 **Speak Up**
“I need help with...”

4 **Ignore It**
and walk away.

5 **Find Friends**
who support and encourage you.



5 Things I Can Do to Stand Up for Others

1

Speak Up

"Hey, that's not cool. Let's treat each other with respect."

2

Offer Help

"Are you okay?"

3

Speak Up

"Someone needs help."

4

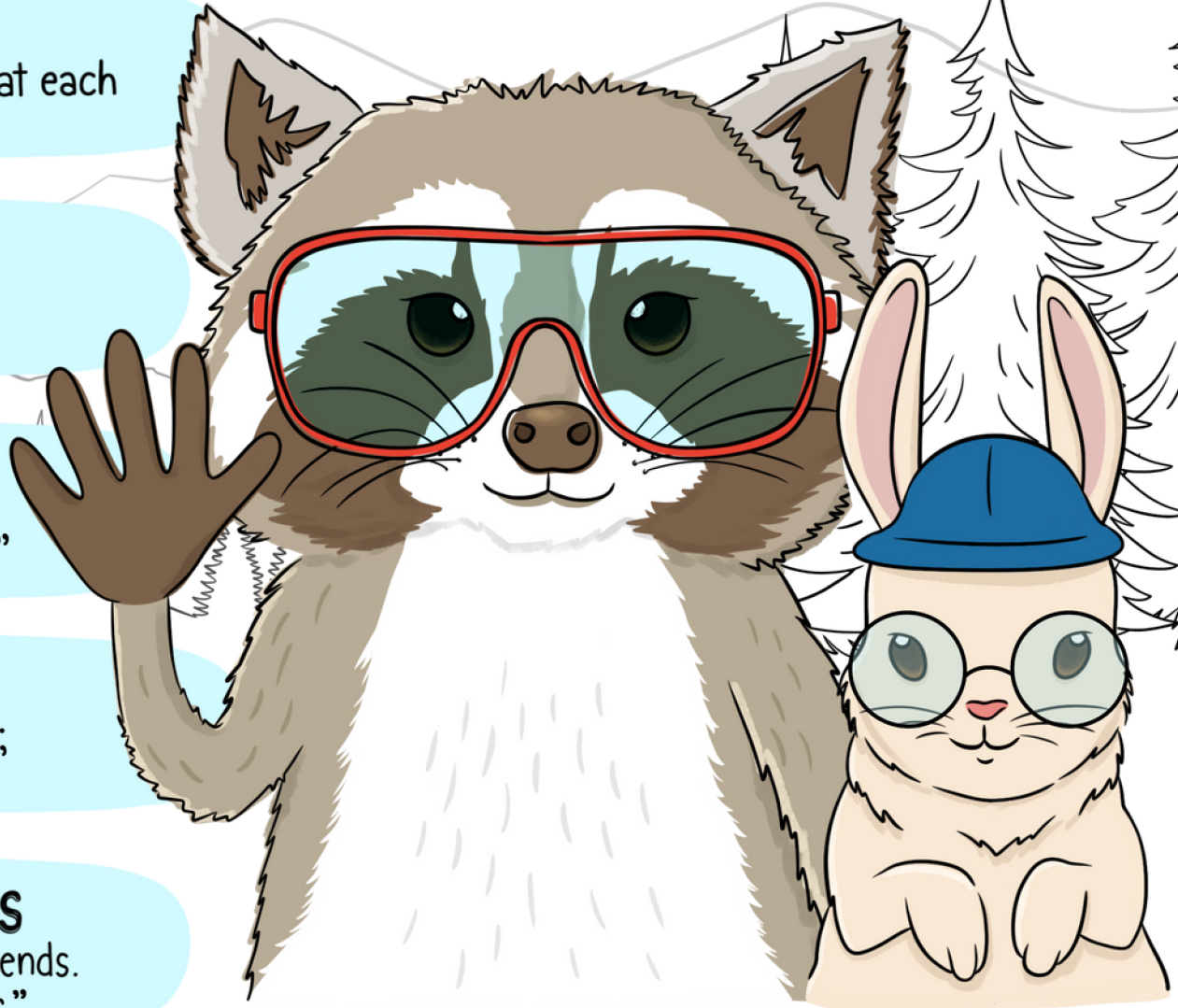
Be Inclusive

"Let's all play together; everyone is welcome."

5

Choose Kindness

"It's more fun when we're friends. Let's be kind to each other."



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With gratitude,
Big Life Journal team

Hi there

We have loved seeing that our printables have changed so many families! Your thank-you messages have warmed our hearts and inspired us to keep going.

As our valued subscriber, you will be receiving our Free Friday Printables every week, however, now they are **available for just one week after their release.**

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Find **valuable support and creative ideas** from other parents and our parent coaches who have already solved similar challenges.



"Big Life Journal resources have significantly **helped our entire family** deal with emotions and have better communication."

-Krista

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